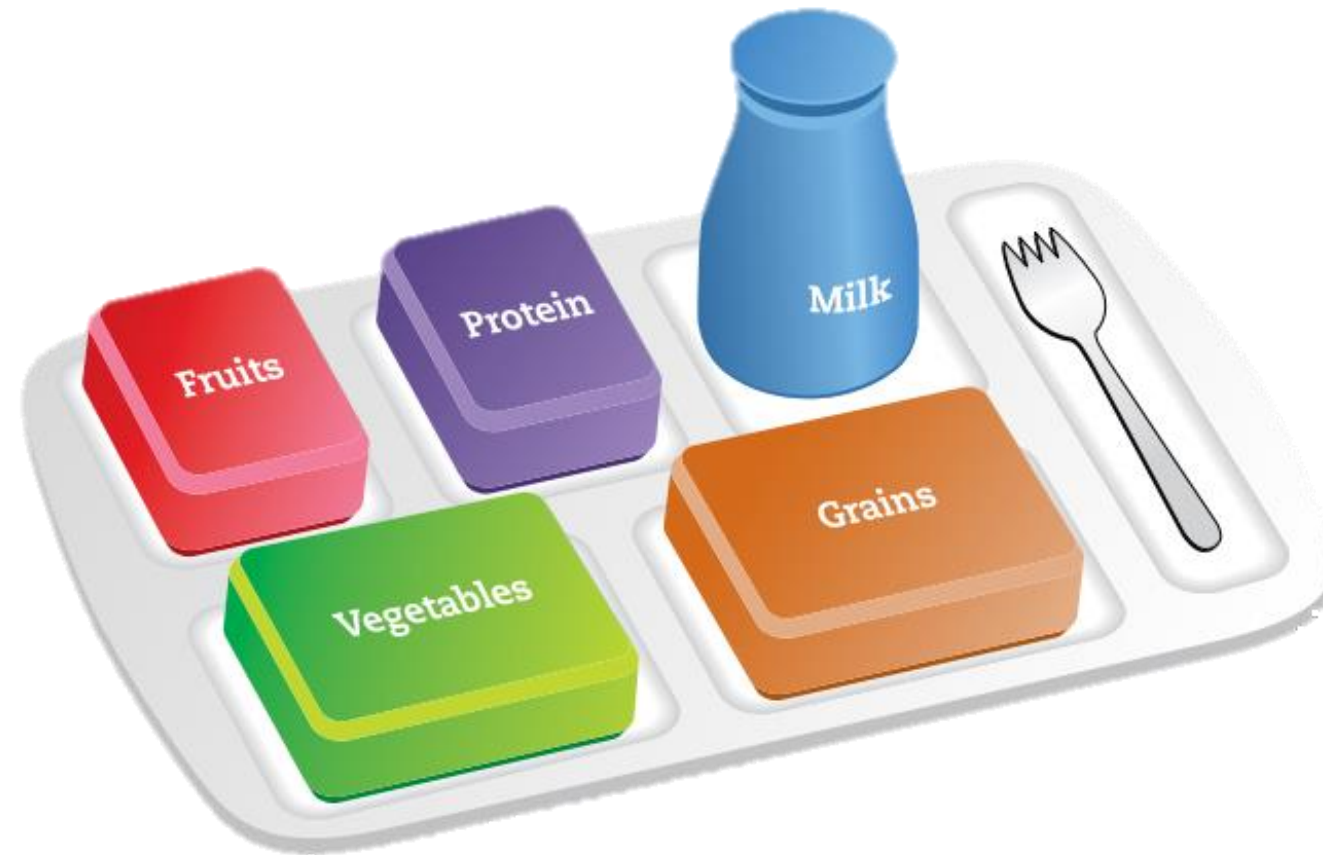


An Overview of the National School Lunch Program Meal Pattern Requirements

Sarah Platt
Maine Department of Education
Child Nutrition

Food Based Menu Planning

**Food
Components**



Lunch Meal Pattern:

What must be offered to students

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
<u>Fluid Milk (cups)</u> Low-fat unflavored Fat-free unflavored Fat-free flavored	1	5	1	5	1	5
<u>Fruit (cups)</u>	$\frac{1}{2}$	2 $\frac{1}{2}$	$\frac{1}{2}$	2 $\frac{1}{2}$	1	5
<u>Vegetables (cups)</u>	$\frac{3}{4}$	3 $\frac{3}{4}$	$\frac{3}{4}$	3 $\frac{3}{4}$	1	5
<u>Grains (oz eq)</u> All grains must be whole-grain rich	1	8	1	8	2	10
<u>Meat/Meat Alternate (oz eq)</u>	1	8	1	9	2	10

Milk

- 1 cup (8 oz) daily for all age/grade groups
- Must offer at least two choices of milk from the following options:
 - Fat free flavored
 - Fat free (skim) white
 - 1% white



Milk Substitutions

Juice and water are NOT allowable substitutes for milk!



Fruit

- Canned in 100% juice, light syrup, or water;
- Fresh;
- Frozen;
- Dried,
- 100% fruit juice



Fruit

- No more than half of the weekly fruit offering may be in the form of 100% juice



- $\frac{1}{4}$ cup serving of dried fruit = $\frac{1}{2}$ cup of fruit



Vegetables

- Must be offered daily
- Variety (subgroups) offered over the week
- 1 cup of raw, leafy greens = ½ cup
- Beans and legumes may be used as EITHER a vegetable OR a meat/meat alternate but not both in the same meal



Weekly Vegetable Subgroups

- **Dark Green:** broccoli, spinach, romaine
- **Red/Orange:** tomatoes, red peppers, carrots, sweet potato, winter squash, pumpkin
- **Beans/Legumes:** kidney beans, lentils, chickpeas, refried beans, hummus
- **Starchy:** white potato, corn, green peas
- **Other:** iceberg lettuce, green beans, beets, onions

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
<u>Vegetables</u> (<i><u>cups</u></i>)	$\frac{3}{4}$	3 $\frac{3}{4}$	$\frac{3}{4}$	3 $\frac{3}{4}$	1	5
<u>Dark Green</u>		$\frac{1}{2}$		$\frac{1}{2}$		$\frac{1}{2}$
<u>Red/Orange</u>		$\frac{3}{4}$		$\frac{3}{4}$		1 $\frac{1}{4}$
<u>Beans/Legumes</u>		$\frac{1}{2}$		$\frac{1}{2}$		$\frac{1}{2}$
<u>Starchy</u>		$\frac{1}{2}$		$\frac{1}{2}$		$\frac{1}{2}$
<u>Other</u>		$\frac{1}{2}$		$\frac{1}{2}$		$\frac{3}{4}$
<u>Additional Vegetables to Reach Total</u>		1		1		1 $\frac{1}{2}$

Weekly Vegetable Subgroups

VEGETABLE SUBGROUPS ¹

The U.S. Department of Agriculture (USDA) National School Lunch Program (NSLP) meal pattern includes five vegetable subgroups that count toward the daily and weekly vegetable requirements. These subgroups are based on the recommendations of the 2010 *Dietary Guidelines for Americans*. ² The chart below identifies some commonly eaten vegetables in each subgroup.

DARK GREEN fresh, frozen and canned		RED/ORANGE fresh, frozen and canned	BEANS AND PEAS (LEGUMES)* Canned, frozen or cooked from dry	
<ul style="list-style-type: none">■ arugula■ beet greens■ bok choy■ broccoli■ broccoli rabe (rapini)■ broccolini■ butterhead lettuce (Boston, bibb)■ chicory■ cilantro■ collard greens■ endive■ escarole	<ul style="list-style-type: none">■ fiddle heads■ grape leaves■ kale■ mesclun■ mustard greens■ parsley■ spinach■ Swiss chard■ red leaf lettuce■ romaine lettuce■ turnip greens■ watercress	<ul style="list-style-type: none">■ acorn squash■ butternut squash■ carrots■ cherry peppers■ Hubbard squash■ orange peppers■ pimientos■ pumpkin■ red chili peppers■ red peppers■ salsa (all vegetables)■ sweet potatoes/yams■ tomatoes■ tomato juice■ winter squash	<ul style="list-style-type: none">■ black beans■ black-eyed peas (mature, dry)■ cowpeas■ edamame■ fava beans■ garbanzo beans (chickpeas)■ Great Northern beans■ kidney beans■ lentils■ lima beans, (mature, dry)	<ul style="list-style-type: none">■ mung beans■ navy beans■ pink beans■ chickpeas■ red beans■ refried beans■ soy beans (mature, dry)■ split peas■ white beans
STARCHY fresh, frozen and canned		OTHER fresh, frozen and canned		
<ul style="list-style-type: none">■ black-eyed peas, fresh (not dry)■ corn■ cassava■ cowpeas, fresh (not dry)■ field peas, fresh (not dry)■ green bananas■ green peas■ icama■ lima beans, green (not dry)■ parsnips■ pigeon peas, fresh (not dry)■ plantains■ potatoes■ poi■ taro■ water chestnuts■ yautia (tannier)		<ul style="list-style-type: none">■ artichokes■ asparagus■ avocado■ bamboo shoots■ bean sprouts, cooked only (for food safety), e.g., alfalfa, mung■ beans, green and yellow■ beets■ breadfruit■ Brussels sprouts■ cabbage (green, red, celery, Napa)■ cactus (nopales)■ cauliflower■ celeriac■ celery■ chayote (mirliton)■ chives■ cucumbers■ daikon (oriental radish)■ eggplant■ fennel■ garlic■ green chili peppers■ green onions (scallions)■ green peppers■ horseradish■ iceberg lettuce■ kohlrabi■ leeks■ mushrooms■ okra■ olives■ onions (white, yellow, red)■ peas in pod, e.g., snap peas, snow peas■ pepperoncini■ purple peppers■ pickles (cucumber)■ radishes■ rhubarb■ rutabagas■ shallots■ sauerkraut■ seaweed■ snap peas■ snow peas■ spaghetti squash■ tomatillo■ turnips■ wax beans■ yellow peppers■ yellow summer squash■ zucchini squash		

¹ All vegetables credit based on volume except raw leafy greens count as half the volume served and tomato paste and puree credit based on the volume as if reconstituted (see the USDA's *Food Buying Guide for School Meal Programs*). Vegetable juice must be pasteurized 100 percent full-strength juice and cannot exceed than half of the weekly vegetables.

² For more information, see the *Dietary Guidelines* and the *vegetables* group in Choose MyPlate.

And Now It's Time For...

Name That Vegetable Subgroup!

SPINACH

A photograph of a bunch of fresh spinach leaves, showing their characteristic rounded, slightly crinkled shape and vibrant green color. The leaves are piled together, with some stems visible at the bottom. A semi-transparent grey banner is overlaid across the middle of the image, containing the text 'DARK GREEN' in bold black capital letters.

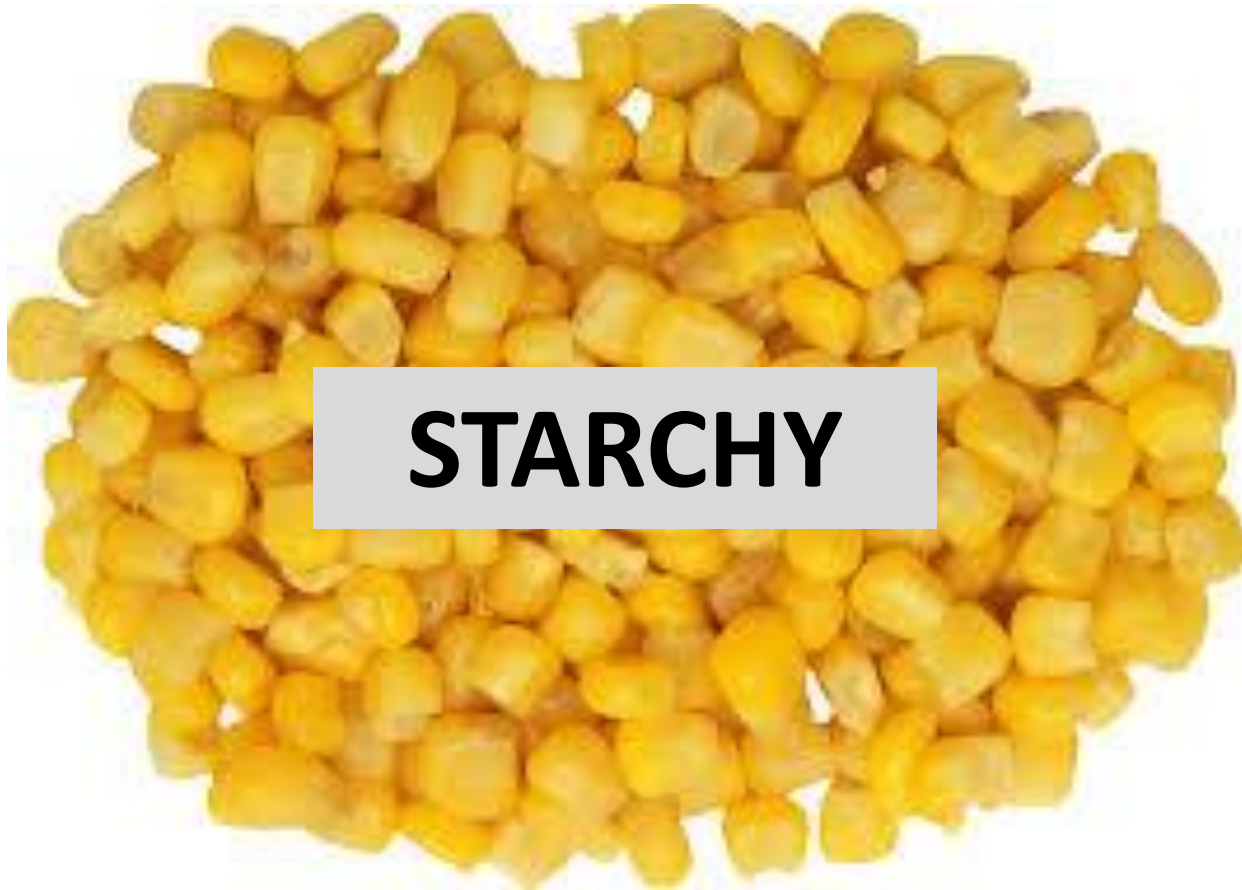
DARK GREEN

ICEBERG LETTUCE



OTHER

CORN



What Subgroup?

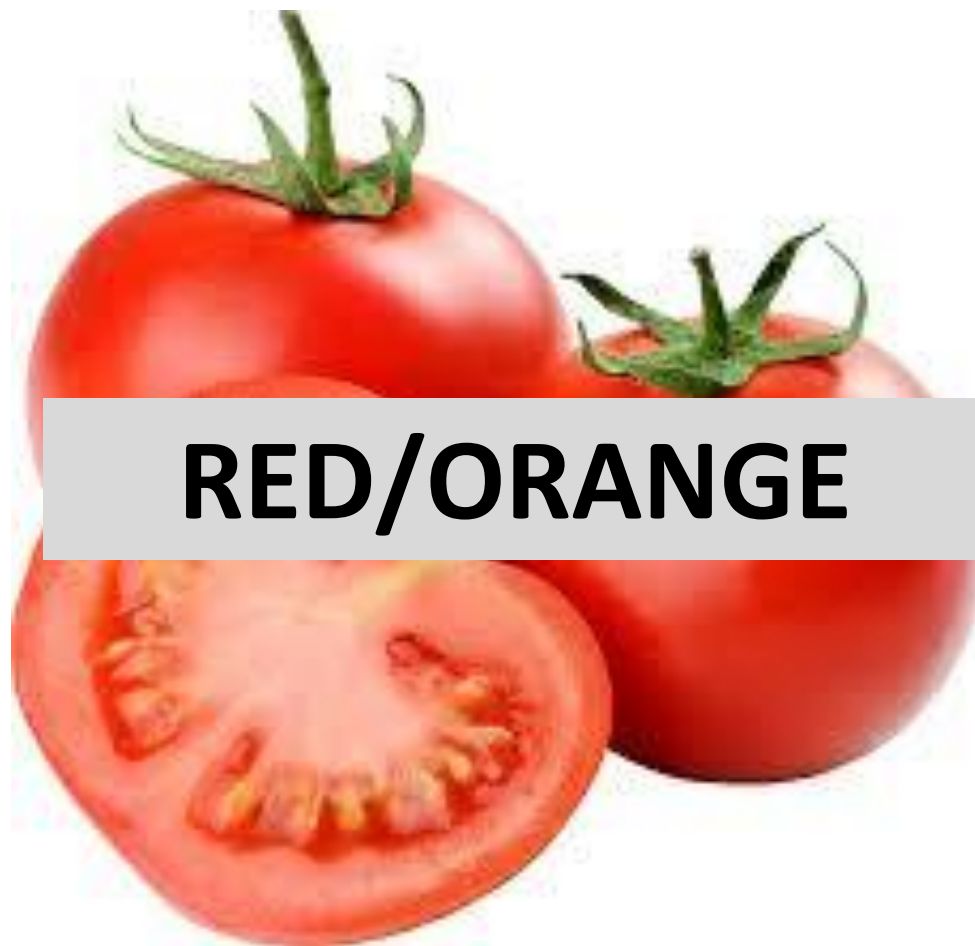


BEETS



OTHER

TOMATOES



PEAS



STARCHY



GREEN PEPPER



OTHER

Multiple Offerings

Subgroups Must Be Offered With All Meal Choices

Example #1:

Menu

Hot Dogs w/ Beans

OR

PB&J Sandwich

Carrot Sticks

Fresh Fruit

Milk Choice

Example #2:

Menu

Hot Dog on a Bun

or PB&J Sandwich

Baked Beans

Carrot Sticks

Fresh Fruit

Milk Choice

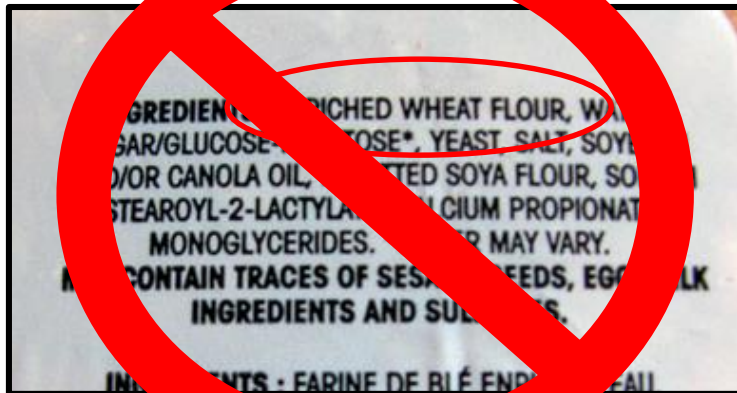
Grain Component

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
Grains (oz eq) All grains must be whole-grain rich	1	8	1	8	2	10

- K-8: Additional grains need to be offered to meet weekly requirements

Grain Component

- All grains must be *Whole Grain-Rich*

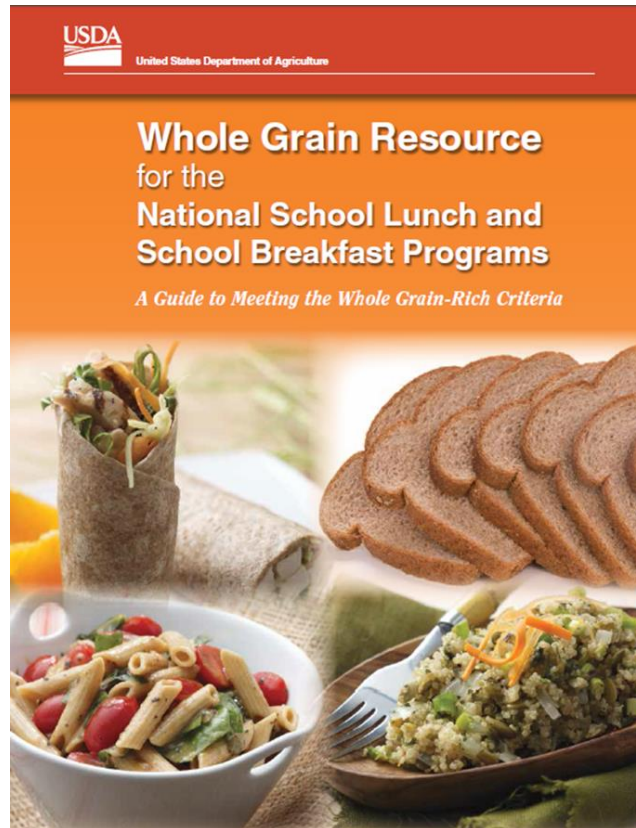


INGREDIENTS: WHOLE WHEAT, ROLLED OATS, MILLED CORN, RICE, ROLLED BARLEY, SUGAR, FANCY MOLASSES, VEGETABLE OIL, SALT, BARLEY MALT SYRUP, HONEY, VITAMINS (THIAMIN HYDROCHLORIDE, NIACINAMIDE, d-CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, FOLIC ACID), MINERALS (IRON, ZINC OXIDE), SOY LECITHIN, BHT. **CONTAINS WHEAT AND SOY INGREDIENTS.**

Grain Component



Grain Component



<http://www.fns.usda.gov/tn/whole-grain-resource>

Whole Grain Waiver

<http://www.maine.gov/doe/nutrition/forms/index.html>

The screenshot displays the Maine Department of Education website. The left sidebar contains a navigation menu with the following items: Home, Child Nutrition Home, Programs, Online Claims, Forms (highlighted with a red arrow), Data & Reporting, Financial, and Laws & Rules. The main content area is titled 'Forms for use with Child Nutrition and Child and Adult C'. Below this title, there are three sections: 'Administrative Review' with a link to 'Review Information', 'Daily Operations Forms', and 'Verification Information' with a list of links: 'Verification Report EF-N-90', 'Verification Notification and Tracking', 'FNS 742 Report - Schools', and 'District ID Codes'. Below the 'Verification Information' section is the 'Management Forms' section with a list of links: 'Inventory Turnover Rate (XLS, 2010)', 'Meal Per Worker Hours and Goals', 'Maine Professional Standards Training', 'Student Price Waivers Criteria (PDF)', 'Waiver Request: Whole Grain-Rich', 'Alternative Serving Locations Form', 'Sharing Information Form (optional)', and 'Sharing Information Form (optional)'. At the bottom right, there is a 'Production Records' section with a link to 'Fruit and Vegetable Per Production'. A red arrow points from the 'Administrative Review' section to the 'Verification Information' section.

Maine.gov Agencies | Online Services | Help | Search Maine.gov

Maine Department of Education

Maine DOE Home Students & Families Teachers Administrators

Home → Child Nutrition → Forms

Child Nutrition Home

Programs

Online Claims

Forms

Data & Reporting

Financial

Laws & Rules

Forms for use with Child Nutrition and Child and Adult C

Administrative Review

- [Review Information](#)

Daily Operations Forms

Verification Information

- [Verification Report EF-N-90](#)
- [Verification Notification and Tracking](#)
- [FNS 742 Report - Schools](#)
- [District ID Codes](#)

Management Forms

- [Inventory Turnover Rate \(XLS, 2010\)](#)
- [Meal Per Worker Hours and Goals](#)
- [Maine Professional Standards Training](#)
- [Student Price Waivers Criteria \(PDF\)](#)
- [Waiver Request: Whole Grain-Rich](#)
- [Alternative Serving Locations Form](#)
- [Sharing Information Form \(optional\)](#)
- [Sharing Information Form \(optional\)](#)

Production Records

- [Fruit and Vegetable Per Production](#)

Meat/Meat Alternate Component

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
<u>Meat/Meat Alternate (oz eq)</u>	1	8	1	9	2	10

- K-8: Additional M/MA needs to be offered to meet weekly requirements

Meat/Meat Alternate

Meat

Fish

Poultry

Eggs

Cheese

Yogurt

Nut Butters

Beans (if not crediting them as a vegetable)



Non-Credible “extra” Foods

Cream Cheese

Bacon

Salami

Non-whole grain rich items

Popcorn

Potato chips

Condiments



Serving Sizes:

Cups Vs. Ounce Equivalents

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
<u>Fluid Milk (cups)</u> Low-fat unflavored Fat-free unflavored Fat-free flavored	1	5	1	5	1	5
<u>Fruit (cups)</u>	$\frac{1}{2}$	2 $\frac{1}{2}$	$\frac{1}{2}$	2 $\frac{1}{2}$	1	5
<u>Vegetables (cups)</u>	$\frac{3}{4}$	3 $\frac{3}{4}$	$\frac{3}{4}$	3 $\frac{3}{4}$	1	5
<u>Grains (oz eq)</u> All grains must be whole-grain rich	1	8	1	8	2	10
<u>Meat/Meat Alternate (oz eq)</u>	1	8	1	9	2	10

What Is Crediting?

Crediting = determining the actual amount of a food component (grain) in a food product (muffin).



Grains: What is an “Ounce Equivalent”

- one ounce (28g) of a 100% whole grain food in its ready-to-eat form OR
- the amount of food containing 16g of whole grain ingredients

Crediting Grains

Pre-Made Item

- **Exhibit A (Grain Chart)**
- Manufacturer's product formulation statement
- Child Nutrition (CN) label
- USDA Foods Fact Sheet

Scratch-Made Item

- Recipe – calculate total amount of creditable grain

Ounce Equivalents – Grains

Exhibit A: Grain Oz. Eq.

Group A	Minimum Serving Size for Group A
<ul style="list-style-type: none">• Bread type coating• Bread sticks (hard)• Chow Mein noodles• Crackers (saltines and snack crackers)• Croutons• Pretzels (hard)• Stuffing (dry) Note: weights apply to bread in stuffing.	<ul style="list-style-type: none">• 1 oz eq = 22 gm or 0.8 oz• $\frac{3}{4}$ oz eq = 17 gm or 0.6 oz• $\frac{1}{2}$ oz eq = 11 gm or 0.4 oz• $\frac{1}{4}$ oz eq = 6 gm or 0.2 oz

Step 1: find the product in a group on the left hand side of the chart.

Step 2: look on the right hand side to determine the minimum serving size required for that product.

Activity: Using Exhibit A

Which of these is a 1 ounce equivalent?

.8 oz of Pretzels




2 oz Blueberry Muffin

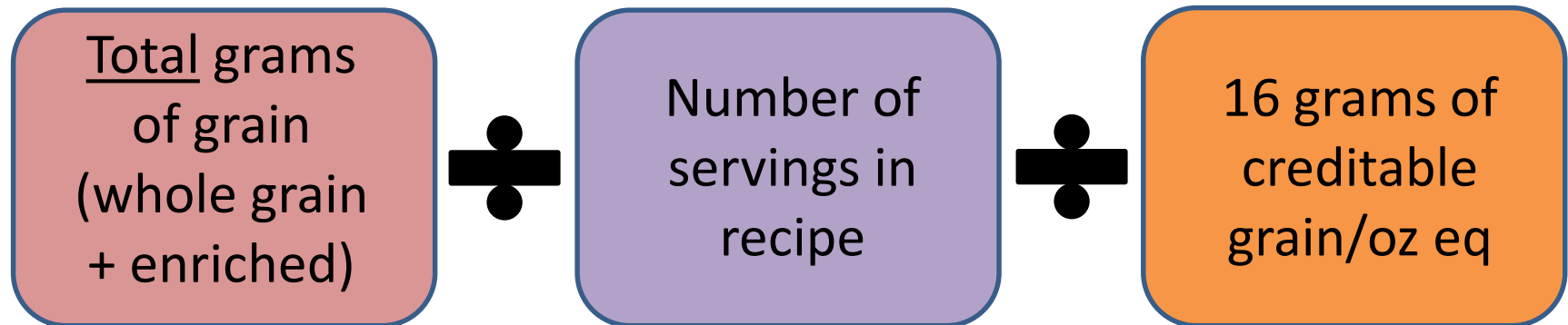


½ cup cooked Rice



Scratch-Made: Crediting Grains

Convert grams of grain in recipe  to grain oz eq/serving



Ounce Equivalents - M/MA

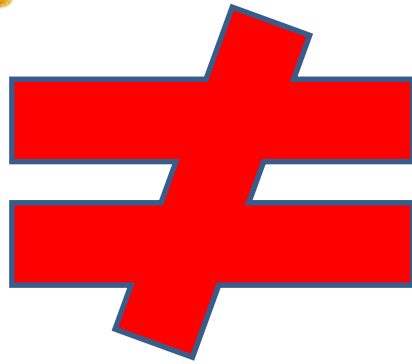
2 oz



2 oz eq



2 oz



Crediting Meat/Meat Alternate

UNPROCESSED ITEMS

- Refer to the Food Buying Guide

PROCESSED ITEMS

CN label or a manufacturer's product
formulation statement
USDA Food Fact Sheet
Refer to the Food Buying Guide

Ounce Equivalents – M/MA



1 ounce equivalent

1 ounce cheese

2 Tbsp nut butter

1.6 oz deli turkey

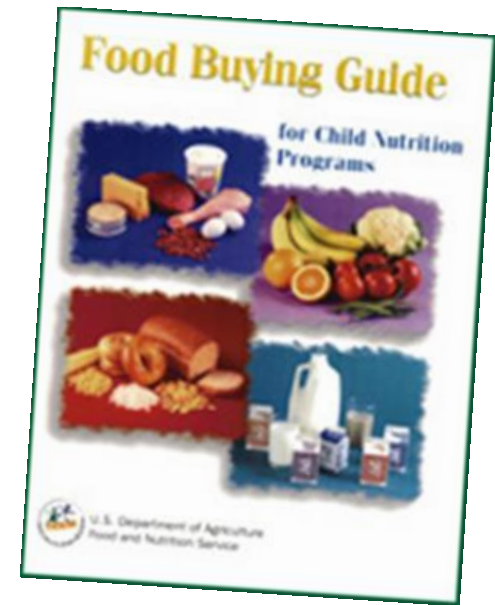
1.2 oz deli ham

4 oz yogurt



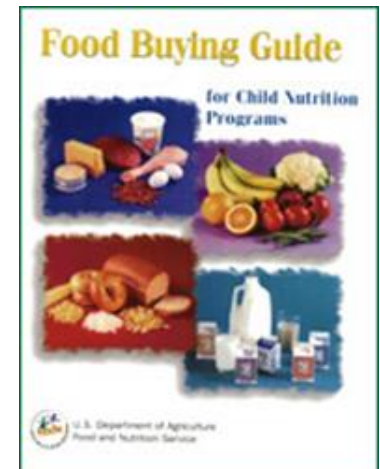
Resources: Determining Meal Pattern Contribution

- Exhibit A: Grain Oz Eq Requirements
- Food Buying Guide
- Child Nutrition Labels
- Product Formulation Statement



Food Buying Guide

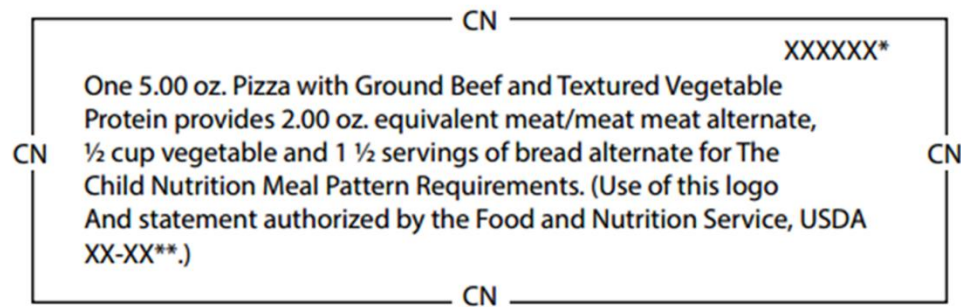
- The contribution the food makes to the meal pattern
- Amount of food to purchase
- <https://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs>
- Maine DOE YouTube Video



Child Nutrition (CN) Labels

- Voluntary
- Product has been evaluated to determine its contribution toward the meal pattern
- For main dish M/MA and grain products

Sample CN Logo:



* CN identification number

** Month and Year of original approval

How to Identify a CN Label



Feeding America's Children



AdvancePierre Foods, Inc.
9990 Princeton Glendale RD
Cincinnati, OH 45246
www.advancepierre.com

MEI-1491-V7A

Chicken Nuggets Breaded Nugget Shaped Chicken Patties Made with White Breast and Rib Meat

INGREDIENTS: Chicken Breast with Rib Meat, Water, Isolated Soy, Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12), (May Contain Caramel Color), (May Contain Soy Lecithin)], Textured Vegetable Protein Product [Soy Flour, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12), (May Contain Caramel Color)], Salt, Potassium and Sodium Phosphates, Chicken Broth. Bread: Whole Wheat Flour, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Dehydrated Potatoes (Potatoes, Mono and Diglycerides, Dextrose, Yeast, Sugar, Salt), Soybean Oil (Processing Aid). Batter: Water, [Whole Wheat Flour, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Potato Flour, Salt, Modified Corn Starch, Leavening (Calcium Acid Pyrophosphate, Monocalcium Phosphate, Sodium Bicarbonate), Chicken Flavor (Contains Maltodextrin, Salt, Natural Flavors), Hydrolyzed Corn Protein, Onion Powder, Garlic Powder, Yeast Extract, Chicken Broth, Spice]. Set in Vegetable Oil.

CONTAINS: Wheat, Soy

SAMPLE COPY NOT FOR DOCUMENTING FEDERAL MEAL REQUIREMENTS

CN **090071** CN
Five 0.64 oz. Fully Cooked Breaded Nugget Shaped Chicken Patties Provides 2.00 oz. Equivalent Meat/Meat Alternate and 1.00 oz. Equivalent Grains For Child Nutrition Meal Pattern Requirements. (Use of This Logo and Statement Authorized By the Food and Nutrition Service, USDA 03-14.)

Keep Frozen

Fully Cooked

Net Wt. 10 Lbs.

33-506-0

50335060RS 073114



00880760802294

Product Formulation Statement

- Request when purchasing a processed product without a CN label
- Demonstrates how a processed product contributes toward the meal pattern requirements
- From the manufacturer

www.fda.gov

Indicate to which Exhibit A Group (A-I) the Product Belongs: C

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion ¹ A	Gram Standard of Creditable Grain per oz equivalent (16g or 28g) ² B	Creditable Amount A ÷ B
Whole wheat flour (47%)	23.5	16	1.4687
Enrich flour (22%)	11	16	.6875
			2.15
Total Creditable Amount³			2.00

*Creditable grains are whole-grain meal/flour and enriched meal/flour.
¹(Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.
²Standard grams of creditable grains from the corresponding Group in Exhibit A.
³Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz eq. Do **not** round up.

Total weight (per portion) of product as purchased 50 g (1.75oz)
 Total contribution of product (per portion) 2.00 oz equivalent

I certify that the above information is true and correct and that a 1.75 ounce portion of this product (ready for

YouTube Videos

YouTube

Search

Upload

You're using an older version of Internet Explorer that we'll soon stop supporting. Please [update your browser](#) to the latest version.

Maine Department of Education

Crediting Grains in the National School Lunch Program

0:00 / 7:14

Crediting Grains in the National School Lunch Program

Up Next

Civil Rights Requirements of the CACFP
by RIDE Child Nutrition Programs
1,683 views
15:35

National School Lunch Program: It Happens Every Noon - 1966 Educational
by Tomorrow Always Comes
1,350 views
13:30

Resources for Crediting in the National School Lunch Program
by MaineChildNutrition
241 views
7:02

School Lunches Get Healthier for Students
by NJTV News
278 views
2:53

Michelle Obama saves School Lunch!
by PacificCoastProducer
1,431 views
3:00

Resources and Tips

- Menu planning tools on Child Nutrition website
- Plan 2 oz eq grain and M/MA each day
- Vegetable sub groups
 - 5 vegetable sub groups and 5 days of the week
 - Use salad bars to meet sub groups

OFFER VERSUS SERVE

Serve or Offer Versus Serve

Must offer all of the required meal components,
but do students have to take ALL of them?

NO!

OvS: How It Works

Lunch:

- Offer 5 required food components in full serving size
- Reimbursable lunch MUST contain (minimum):
 - At least 3 different food components
 - One being at least a **½ cup fruit/vegetable**

Serve/Offer vs Serve

A FULL TRAY FUELS YOUR DAY!

5
**FOR BEST
NUTRITION,
CHOOSE
ALL 5!**



Offer versus Serve

- Allow students to have a choice
- Reduce food waste
- Required for High Schools for NSLP
- Optional for Elementary Schools for NSLP



And Now It's Time For...



Offer Versus Serve - Lunch



1 cup fruit



1/2 cup Veg.



1 cup milk



1 cup Veg.



2 M/MA + 2 Grain

Is this lunch reimbursable?



1 cup fruit



½ cup Veg.



1 cup milk



2 M/MA + 2 Grain

Yes!

At least 3 components selected
Includes ½ cup fruit or vegetable

Is this lunch reimbursable?



1 cup fruit



½ cup Veg.



1 cup milk

Yes!

At least 3 components selected
Includes ½ cup fruit or vegetable

Is this lunch reimbursable?

Yes!

**At least 3 components selected
Includes ½ cup fruit or vegetable**



1 cup milk

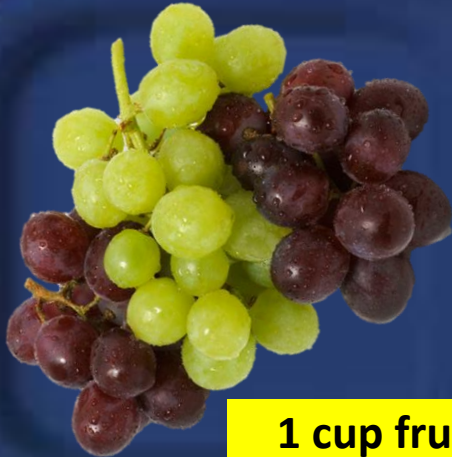


1 cup Veg.



2 M/MA + 2 Grain

Is this lunch reimbursable?



1 cup fruit



½ cup Veg.



1 cup milk



1 cup Veg.

Yes!

At least 3 components selected
Includes ½ cup fruit or vegetable

Offer Versus Serve - Lunch



1 cup fruit



$\frac{1}{2}$ cup Veg.



1 cup milk



$\frac{1}{2}$ cup Veg.



2 M/MA + 2 Grain

Is this lunch reimbursable?



No!

3 components are selected but they don't have ½ cup fruit or vegetable



Is this lunch reimbursable?



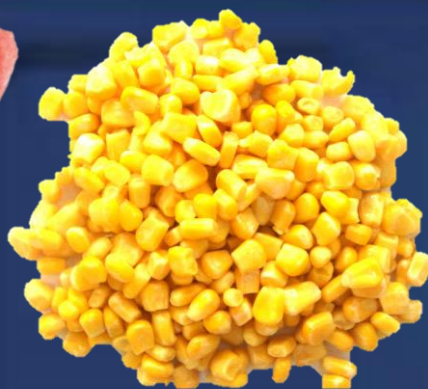
Yes!

**At least 3 components selected
Includes ½ cup fruit or vegetable**

Offer Versus Serve - Lunch



1 cup fruit



$\frac{1}{2}$ cup Veg.



1 cup milk



$\frac{1}{2}$ cup Veg.



2 M/MA + 2 Grain

Is this lunch reimbursable?



Yes!

At least 3 components selected
Includes ½ cup fruit or vegetable

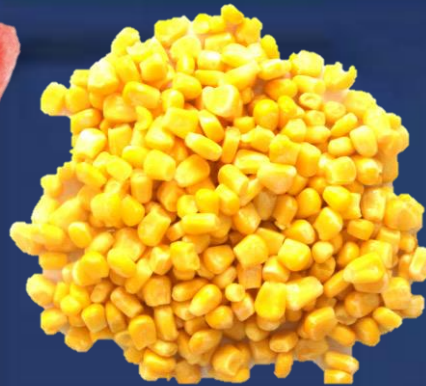
Is this lunch reimbursable?

No!

3 components are selected but they are
Missing the ½ cup fruit or vegetable



Is this lunch reimbursable?



Yes!

**At least 3 components selected
Includes ½ cup fruit or vegetable**

Field Trip Bag Lunch

- Must follow meal pattern requirements
- All 5 meal components must be offered
 - **Milk** (8 oz)
 - **Fruit** (1/2 cup/1 cup)
 - **Vegetables** (3/4 cup/1 cup)
 - **Grains** (1 oz eq / 2 oz eq)
 - **M/MA** (1 oz eq / 2 oz eq)
- If students pre-order, can follow OvS



ADDITIONAL REQUIREMENTS

Water

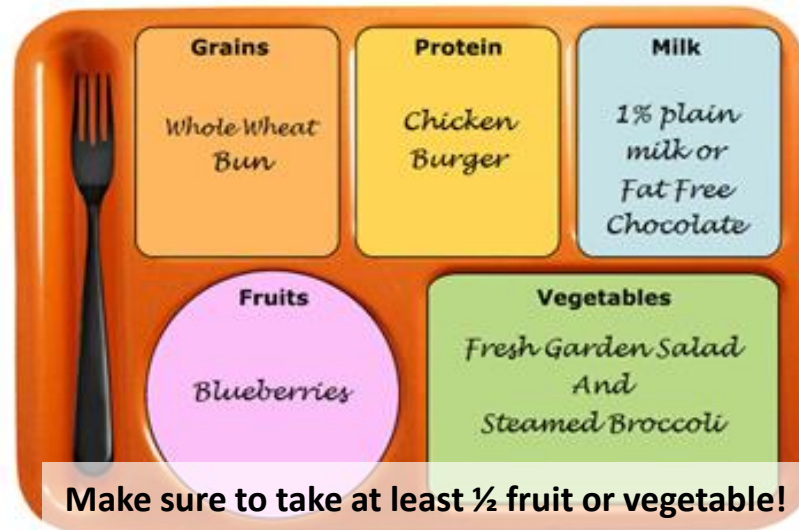
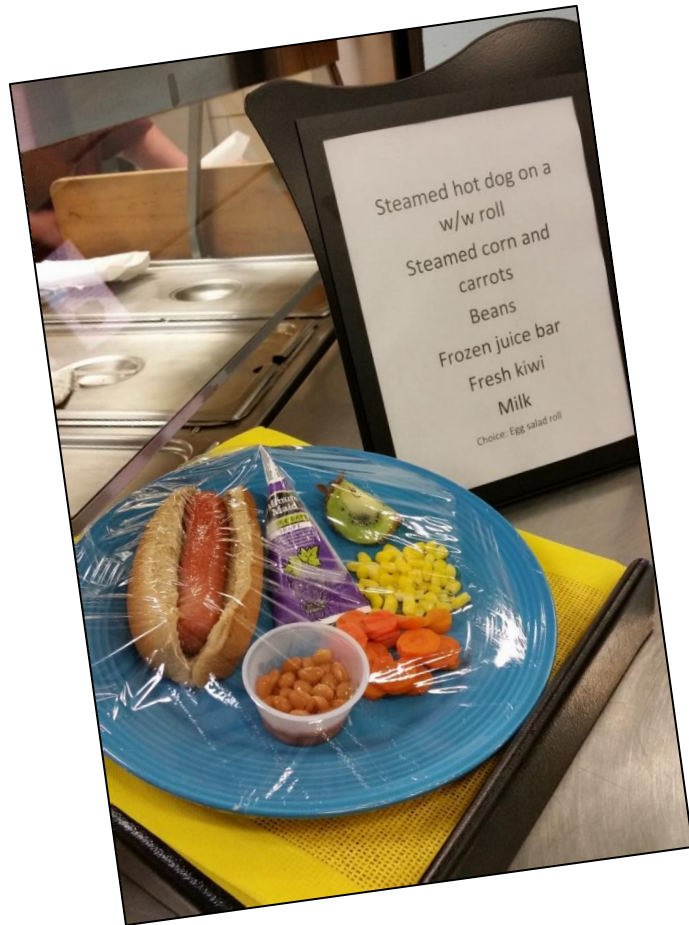
For both Breakfast & Lunch

Students must have access to free, potable water



Meal Signage

Must identify all foods that are part of a reimbursable meal before the serving line



QUESTIONS?



Next Webinar

A Review of the Breakfast Meal Pattern and Ways to
Boost Participation

January 23, 2018

1:30 pm

To register:

www.maine.gov/doe/nutrition/resources/events.html

Thank you!

Sarah Platt

Sarah.d.platt@maine.gov

207-624-6879